

### Weekly Activities

#### BINGO

Mondays, 1:00 - 4:00 PM



#### Canasta

Wednesdays, 12:45 - 3:00 PM



#### Loteria

Wednesdays 1:00 - 3:00 PM



#### Line Dancing

Thursdays, 1:00 - 2:00 PM



#### BUNCO

Thursdays, 1:00 - 4:00 PM



#### Exercise Classes

Wednesdays and Fridays, 9:30 - 10:30 AM

Sponsored by  
West End Family Counseling



#### Arts & Crafts

Fridays, 9:00 - 11:00 AM



*By registration. If interested please call  
(909) 625-9483 to be put on our wait list.*

### ***Paint and Fun with Memo's Canvas***

Join the Montclair Senior Center, **Tuesday, April 18 at 1:00 PM** for a special, **free** class of Paint and Fun with Memo's Canvas.

Supplies and light refreshments will be provided.

**Open to the first 25 sign-ups.**

**Registration is required.** Please register by Tuesday, April 4 by calling the Senior Center Front Desk at (909) 625-9483.



**! Still need to file your taxes? See page 4 for more information. !**

### Join us for these upcoming activities during Senior Lunch.

**Tuesday, April 4**

April Jazz

**Friday, April 7**

Easter Jeopardy

**Wednesday, April 26**

Senior Birthdays! Theme: Spring



### Senior Center Hours of Operation

Monday-Thursday, 8:00 AM - 6:00 PM

Friday, 9:00 AM - 5:00 PM

Closed on Saturday and Sunday

Front Desk Phone: (909) 625-9483

5111 Benito St. Montclair CA, 91763

For information or questions regarding the Senior Center, please call (909) 625-9483 or Healthy Montclair, please call (909) 625-9485.

Visit <https://www.cityofmontclair.org/senior-center/> for more updates and information on our programs.

# DID YOU KNOW...

## April is National Volunteer Month



There's no better time to start volunteering than during National Volunteer Month! Volunteering is a great way to give back to your community, meet new people, or just have fun!

**Kick-start your volunteering with the following City Programs: 1) Senior Lunch, 2) Food Distribution, 3) Montclair Walkers Stretch Leaders or for the Montclair Meals on Wheels Organization as a Driver.**

If you are interested in volunteering with City Senior Programs, please call the Senior Center at (909) 625-9483. If you are interested in driving for Meals on Wheels please contact Sue Yoakum at (909) 986-5522.



## April is National Gardening Month

Join **West End Family Counseling Health and Wellness** for the following presentations and activities:

**Monday, April 3 at 1:00 PM**

Presentation: Mental Health Benefits of the Outdoors

**Monday, April 17 at 1:00 PM**

Activity: Creating Your Own Herb Garden



## National Walking Day is April 5

The American Heart Association has declared the first Wednesday in April as **National Walking Day**. If you're looking to add regular walking to your routine then join the Montclair Walkers!

**Montclair Walkers** is a FREE exercise program focused on Seniors and open to all ages sponsored by the City of Montclair – Human Services Department and Montclair Place. It's a great way to take steps towards staying healthy and making new friends.

Join us! Monday, Wednesday and Friday from 10-11 AM in the upper level near The Canyon (5060 E Montclair Plaza Ln).

Complete a program application and receive exclusive membership perks!

Applications are available on site with the program attendant or at the Montclair Senior Center.

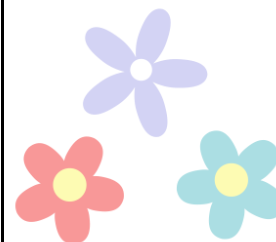
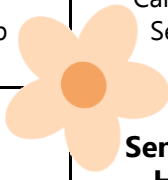
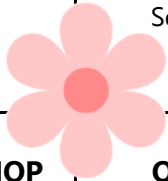
For more information, contact Recreation Coordinator, Deondra Gutierrez at (909) 625-9456 or via email at [dgutierrez@cityofmontclair.org](mailto:dgutierrez@cityofmontclair.org)





# April 2023

## Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>High Sodium Meal</b> <b>CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>4</b> <b>SLOPPY JOE</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	<b>5</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>6</b> <b>LASAGNA w/WW PASTA</b> Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	<b>7</b> <b>BAKED FISH</b> Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
<b>10</b> <b>BAKED PORK CHOP</b> Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	<b>11</b> <b>OVEN BAKED CHICKEN</b> Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	<b>12</b> <b>BBQ PULLED PORK SANDWICH</b> w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices	<b>13</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Banana WW Bread	<b>14</b> <b>CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>17</b> <b>MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>18</b> <b>PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	<b>19</b> <b>BAKED CHICKEN BREAST</b> Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	<b>20</b> <b>High Sodium Meal BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	<b>21</b> <b>BAKED FISH</b> Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
<b>24</b> <b>High Sodium Meal ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	<b>25</b> <b>SWEDISH MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>26</b> <b>Senior Birthdays! HERB BAKED CHICKEN</b> Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	<b>27</b> <b>BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	<b>28</b> <b>CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
<b>FOR MORE INFORMATION:</b>  <b>5111 BENITO ST. MONTCLAIR, CA.</b> <b>(909) 625-9483</b> <b>MONDAY- FRIDAY:</b> <b>11:30 AM - 12:30 PM</b>	<b>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</b> <b>GUESTS AGES 59 AND UNDER: \$6.00</b> <b>MENU IS SUBJECT TO CHANGE .</b> <b>"WW" -Whole Wheat Milk is provided daily</b>			

**FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES- PUBLIC GUARDIAN THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.**

We strive to provide high quality food and consistently follow our monthly menu. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program. Thank you for your understanding. Please call (909) 625-9483 with any questions or concerns.

# SAVE THE DATE

**The Regional Council on Aging** meets the first Tuesday of every month (**April 4**) at the Montclair Senior Center from **9:30 AM to 11:30 AM**. Come and learn about programs and services available to you. The Council also wants to hear about your needs and concerns. All Seniors are welcome.

**Tax Prep Services** The City of Montclair is partnering with the San Bernardino County Transitional Assistance Department (TAD) for tax preparation. Tax preparation services will be available by **APPOINTMENT ONLY** at the Montclair Senior Center (5111 Benito Street, Montclair) on **Thursday, April 6** from **8:30 AM to 11:30 AM**. To schedule an appointment, please call (909) 421-4091 or (909) 421-4093.

**Legal Services** Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month (**April 13**) from **10:00 AM to 12:00 PM**. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

**Department of Aging and Adult Services - Public Guardian (DAAS-PG)** A DAAS-PG representative will be at the Senior Center on the third Monday of the month (**April 17**) from **10:00 AM to 12:00 PM**, to provide information and assistance on programs that are available to senior citizens. Bus passes will also be available for distribution on **April 17**. For more information, call DeMario Dunn at (909) 948-6235.

## **What: Food Distribution**

**When: Thursday, April 20, 2023** from **9:30 AM to 10:30 AM**

**Where:** Montclair Community Center

**Who:** San Bernardino County residents with a valid ID.

All participants are responsible for picking-up their food in the Community Center and taking it to their car. (Participants may bring a cart or wagon to help carry the commodities to their vehicle). Food will be distributed on a first come, first serve basis or while supplies last. Please park in the Montclair Civic Center parking lots.

The program is coordinated with the Community Action Partnership of San Bernardino County. **To qualify you must bring a valid ID and live in San Bernardino County.**

Commodities to be given may include canned meat, canned vegetables, flour, corn meal, pudding, sauces, pasta, juices, and frozen items. The commodities change from month to month. Call (909) 625-9456 for information on qualifying income guidelines, confirmation of dates and food items.

Please refer to The Emergency Food Assistance Program (TEFAP) 2022 Income Guidelines to determine if you qualify.

## **Speakers Bureau**

In conjunction with the Regional Council on Aging, you are welcome to join the Speakers Bureau. Be fully informed on topics important to aging in place, safely and well.

**What:** Learn how to operate the basic functions of your smart phone.

**Who:** California Phones

**When: April 11** at **1:00 PM**

**Where:** Montclair Senior Center Dining Room



## **What: Senior Mobile Pantry Program**

by Feeding America

**When: Monday, April 24** from **12:00 PM to 2:00 PM**

**Where:** Community Center (Adjacent to the library, 5111 Benito St.)

**Who:** All ages welcome (one per household)



## **HICAP Counseling Services**

A HICAP Counselor will be available by appointment only, on **Friday, April 28** from **9:30 AM to 12:30 PM**

Please call Betty Nicoles at (909) 256-8369 to schedule an appointment.

